

Abstract of the Disclosure

A protective pad includes a pre-tensioned resilient padded membrane resiliently suspended to a semi-rigid shell. A cavity is defined between the pre-tensioned padded membrane and the shell. In use, the pad is attached to the limb or joint to be protected with the tensioned membrane engaging the limb or joint to be protected. The pre-tensioned membrane and air cushion in the cavity absorb the energy of an impact transferred by the shell during a sporting event or other activity.

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